

Jelly Roll

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*3 large eggs
1 cup fine sugar
1/2 teaspoon flavoring
1 cup flour
1/4 teaspoon salt
1 teaspoon baking powder
cold water
1 tablespoon cold water*

Preheat the oven to 400 degrees.

Separate the eggs. In a bowl, beat the yolks until thick. Gradually adding the sugar. Add the flavoring, then stir in the stiffly beaten egg whites.

In a bowl, sift the flour, baking powder and salt. Fold into the egg mixture alternately with cold water.

Line a shallow pan with well greased paper. Cover the bottom of the pan with the batter.

Bake for 12 minutes.

Have ready a clean, coarse, damp towel sprinkled with powdered sugar. Turn the sponge onto this.

With a sharp knife, cut a thin strip from the sides and ends of the cake.

Spread with jam. Roll quickly and wrap in paper to keep its shape. Place on a rack to cool.

Per Serving (excluding unknown items): 679 Calories; 16g Fat (21.9% calories from fat); 32g Protein; 98g Carbohydrate; 4g Dietary Fiber; 636mg Cholesterol; 1233mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.